



THREE BUDS  
APOTHECARY  
CRAFTED IN VERMONT

## coffee smoothie

### INGREDIENTS

1/2 frozen banana  
1/2 c cold brew  
1/2 c oat milk  
1/4 c cashews  
1/4 c ice  
2 Medjool dried dates  
1 TBS Chia seeds  
1 tsp Maca Powder  
1 tsp cocoa powder  
Pinch of cinnamon  
a sprinkle of cacao nibs on top

### INSTRUCTIONS

Before getting into the complicated process of making this delicious treat, we wanted to clarify that it's fine to use either raw cashews or roasted and salted. It's totally your call. Now, without further delay, instructions are as follows: toss everything into a blender...make sure the lid is on tight, and then turn that sucker on. You know what a smoothie is supposed to look like, so turn it off when it's all done. Pour into a glass and sprinkle some nibs on the top for a tasty crunch.